



National Soccer Coaches
Association of America

COACHING FUTSAL: NSCAA LEVEL 1 FUTSAL DIPLOMA

Excerpts from the NSCAA Level 1 Futsal Diploma Manual

STAGE 3: 9-11 YEAR OLD PLAYERS



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Coaching Futsal: NSCAA Level 1
Futsal Diploma manual**

STAGE 3 // COUNTER ATTACK WITH OVERLAP

Why use it?

In futsal, there is minimal time between one team's attack and the opponent's attack following a turnover. Players should attack knowing that a counter attack will happen fast!

Set up

Play on a full court. Three lines with 3 players stand at one end of the court approximately 6 yards apart. A cone placed on the end line helps players to know where to stand. Central players have the balls and the coach stands at the opposite end next to the goal with a good supply of balls. At each end a goalkeeper defends a goal.

How to play

The central player passes the ball to one of the flank players and makes a curved run to overlap. The receiver controls and pushes the ball diagonally with the sole of the foot and makes a pass to the opposite flank player who is moving towards the middle of the court. The passer always makes an overlap and the movement pattern is in a figure 8. As the players approach the goal, the coach will shout "shoot" and the player in possession will pass to the next player who should stop/freeze the ball with the sole of his foot. The passing player will run towards the ball and shoot the stationary ball at goal. As the player is shooting the coach will feed another ball onto the court to one of the other players. The two players will now attack the other goal at pace and the player who just shot attempts to recover as a defender.

Coaching notes

Coaching Objectives: A pass should be played with pace and to the feet of the receiving player. The receiver must control and push the ball forward with the sole of the foot. The flank players should be square to the ball thus making it easier to control the ball using the sole of the foot.

Coaching Tips: Make sure players are relaxed, with their heads up and aware of the opponents and space on the court. Make sure players take a first time shot.

How to modify

Less Challenging: Do not introduce the counter- attack option at first.

More Challenging: Play the counter attack of the counter attack until a goal is scored. Have another coach on the opposite side serving a ball once the 2nd shot is taken.



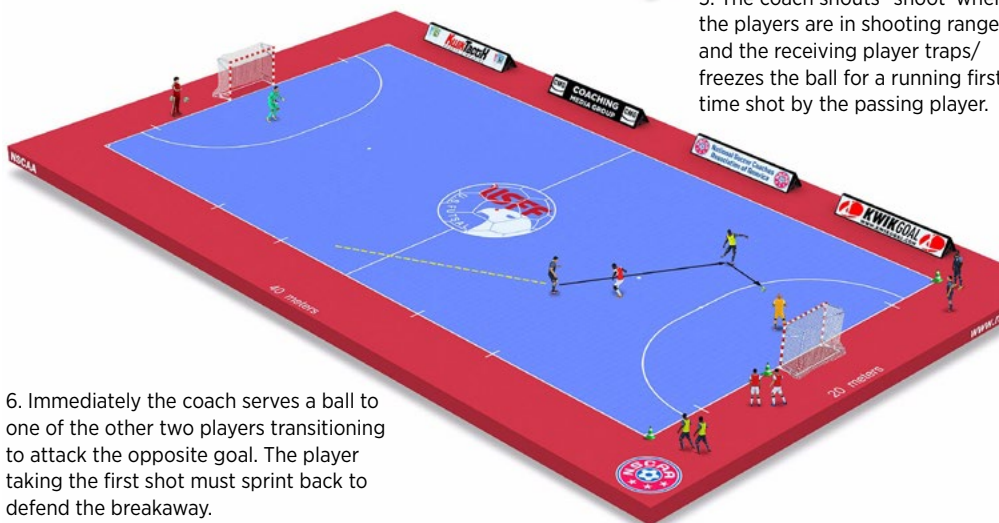
1. 9-12 players are divided into 3 groups wearing colored vests. Cones are placed in the corners and centrally at one end.

2. The yellow and blue players start on the flank and the red team start with a ball centrally. A goalkeeper starts in both goals.



3. The red player starts with a pass to the feet of the blue player and the players weave up the field with pass, dribble and overlap runs.

4. This passing, overlap and dribbling sequence repeats until the players get close to the goal.



5. The coach shouts "shoot" when the players are in shooting range and the receiving player traps/freezes the ball for a running first time shot by the passing player.

6. Immediately the coach serves a ball to one of the other two players transitioning to attack the opposite goal. The player taking the first shot must sprint back to defend the breakaway.

Stages of development covered by activity

Stages 2, 3, 4 & 5: 6-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.

Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.

STAGE 3 // ATTACKING PATTERN PLAY - INTRODUCTORY 1-3-1



1. The red attacking players are in a 1-3-1 formation (red keeper not shown). The red team players exchange passes between the center player and the left and right wide players.

2. As the ball swings from side to side, the target player for reds maintains vertical height and moves to the side of the ball.



3. If the ball is passed to the left, the red attacker on the right moves towards the right corner, bumps/fakes and cuts back as the ball is passed to the center player. The objective is to create space and separation from the yellow defender.

4. After several exchanges of passes the center player sees an opportunity to pass to the target player as the yellow defenders over-commit to the left side of the attack.



5. The target player receives the pass in a sideways position and controls the ball with the sole of his/her foot. The wide players make runs towards the goalpost.

6. The target player passes to the open player coming from the right, who hits a first time shot across the keeper aiming for the far post. The player from the left times his/her run perfectly to arrive as the ball deflects off the keeper for a tap-in.

Why use it?

Pattern play is a great way to teach players ball and off-ball movements used to great effect in a game. This type of activity helps to create a mental picture and assists players to recognize visual cues. Start without defenders and add defenders gradually.

Set up

The area is half a futsal court with 4 attackers, 4 defenders and a goalkeeper. One ball is needed and the coach stands in a position to observe and teach players during the movement sequence.

How to play

The attackers start with possession of the ball and are set up in a 3-1 formation - a Center player with players to the left and right and a target player. The 4 defenders are passive and man-marking to begin. The objective is for the attackers to rehearse an attacking pattern of play culminating in a pass to the target and a shot from one of the wide players. The Center and wide players exchange passes until an opportunity to play into the target player is available for the Center player. Once the pass is made the wide players should make runs towards the goal.

Coaching notes

Coaching Objectives: Encourage flank players to gain some separation from the defenders by making short runs towards the corner, bumping/faking and then cutting back to the ball. The target must play 'high' to create space of the penetrating pass from the Center player!

Coaching Tips: Gradually buildup the challenge to game like conditions. Start without defenders and work on the passing and off the ball movements of the center and wide players. Then work with the target player. Build in one defender and then gradually add others. The objective of this activity is to wait until central marking player leaves the middle open so a pass can be made to the Center.

How to modify

Less Challenging: Remove the defenders and make the area smaller.

More Challenging: Instruct the defenders to apply half pressure for a few minutes and then transition to full pressure before moving to a full game.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and movement patterns.

Top 3 competencies: Passing for possession and penetration, creating space and shooting.

STAGE 3 // ATTACKING PATTERN PLAY - THE PARALLEL

Why use it?

This is a more advanced version of an attacking pattern play that can be rehearsed in practice. Ball and player movement must be synchronized and players must clearly appreciate their roles and responsibilities.

Set up

The area is half a futsal court with 4 attackers, 4 defenders and a goalkeeper. One ball is needed and the coach stands in a position to observe and teach players during the movement sequence.

How to play

The attackers start with possession of the ball and are set up in a 3-1 formation (a center player with players to the left and right and a target player). The 4 defenders are passive and man-marking to begin. The center player starts and ends the move and players must recognize the visual cues as play develops. The center and wide players exchange passes. A flank player controls the ball with the sole of his foot and decides if he/she should engage the defender or pass the ball back to the central player. The opposite flank player makes a run trying to elude his/her marker for a possible back door pass. The target player moves deep and to the same side of the field as the ball. As the center player signals that the moment has arrived by shouting “now”, he/she passes the ball wide, runs centrally, bumps the defender and sprints diagonally to the side line. As the pass from the flank player arrives at the feet of the center player, he/she “dummies” and the ball continues to the target. The Center spins, “losing” the marking defender and receives a first time pass from the target for a shot on goal.

Coaching notes

Coaching Objectives: The attacking team should be patient passing the ball back and forth mostly between the Center and the two flank players as they wait for the signal that the pattern play is on.

Coaching Tips: Flank players must attempt to lose the defenders with elusive runs, bumps and fakes. Creating separating is critical on a tight futsal court.

How to modify

Less Challenging: Remove the defenders and make the area smaller.

More Challenging: Instruct the defenders to apply half pressure for a few minutes and then transition to full pressure before moving to a full game.



1. The red attacking players are in a 1-3-1 formation (red keeper not shown). The 4 yellow defenders are passive and man-marking.

2. The center player passes to the right side and the target player moves to the same side of the ball. Following the pass, the center player shouts “now” and makes a run towards the goal.



3. The center player bumps/fakes and cuts to the right flank and shapes up to receive the return pass down the line. The wide player opens his/her body and makes a pass in the direction of the center player down the line.

4. The target player moves to the right flank towards the corner. There are now 3 red players on one side of the field. The yellow defenders shift to protect the center of the defense. The red attacker on the left fakes to move inside.



5. The red center player steps over the ball and lets it run to the target player. The center player spins towards goal and receives a quick first-time pass from the target player.

6. The red attacker shoots and scores across the keeper into the far corner. The red attacker moves from the left flank to the center of the defense to provide balance in case of a counter attack.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and movement patterns.

Top 3 competencies: Passing for possession and penetration, creating space and shooting.

STAGE 3 // CORNER KICK PICK



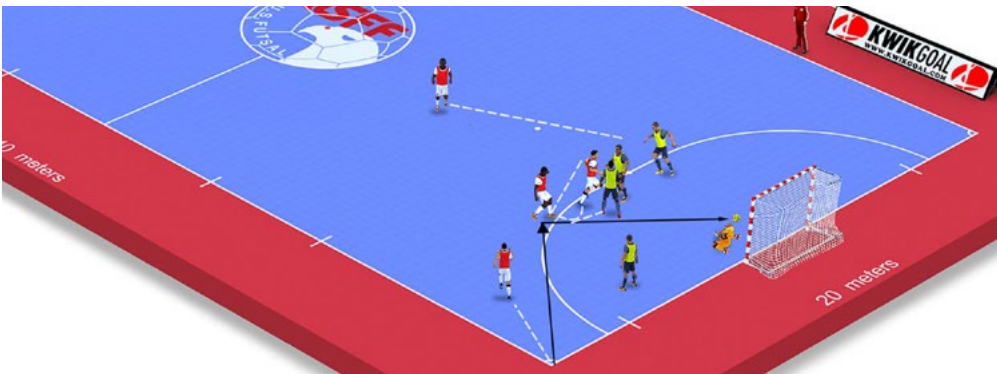
1. The red team are awarded a corner kick from the right side. 3 red players are marked 'man-to-man' at the top of the penalty area.

2. One yellow defender stands 5 meters from the corner along the end line to block a shot or a cross a few yards in front of the keeper.



3. The corner taker shouts out the signal for the sequence to commence. A pass is made in the direction of the 1st attacker.

4. The 1st attacker takes a step to the ball and then cuts away drawing the 1st defender into the 2nd defender. The goalkeeper for the red team is in the attacking half and provides another option from the corner.



5. The 2nd attacker moves into the line of the ball and takes a firm shot across the goal into the far corner.

6. The 3rd attacker moves into a central defensive position to protect against the counter attack. The corner taker also recovers into a defensive position.

Why use it?

Time is well spent in practice working on set plays that occur regularly in a game. The Corner Kick Pick is one such set play that will lead to goals if executed seamlessly.

Set up

The area is half a futsal court with 4 attackers and a goalkeeper and 4 defenders and a goalkeeper. One ball is needed and the coach stands in a position to observe and teach players during the movement sequence.

How to play

The attacking team is awarded a corner from the right side. One attacker will take the corner and the 3 other outfield players set up in a line at the top of the penalty area. The attackers are approximately 2-3 yards apart. Three defenders play man-to-man marking with the 3 attacking players and one defender is on the end line to prevent a possible shot or cross from the player taking the corner. As most teams will have several corner kick sequences, it is important for the team to have a series of signals/signs to communicate the chosen sequence. For this corner kick the player taking the corner signals and passes in the direction of the attacker closest to the ball. Simultaneously, the player nearest to the ball at the top of the penalty area takes a step towards the ball and then cuts back across the face of the defenders, drawing the first defender with him/her. The intent is to run the 1st defender into the 2nd defender causing a "pick." As the defenders try to avoid each other the 2nd attacker runs to meet the corner kick and shoot across the keeper into the far corner.

Coaching notes

Coaching Objectives: Players should time their movement to perfection. The 1st attacker must "sell" the movement towards the ball and cut back to draw one defender into the path of the other.

Coaching Tips: It is worth rehearsing pattern play many times before using it in a real game. It is also important to work on the contingency in case the corner does not work first time.

How to modify

Less Challenging: Remove the defenders and practice the attacking movements only.

More Challenging: Instruct the defenders to apply half pressure for a few minutes and then transition to full pressure.

Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, movement patterns and set plays.

Top 3 competencies: Corner kick routine, creating space and shooting.

STAGE 3 // ATTACKING PATTERN PLAY - ADVANCED 1-3-1

Why use it?

Another variation of the 1-3-1 attacking pattern that can be rehearsed in practice. All the attacking players are constantly on the move seeking to draw defenders out of position and create space.

Set up

The area is half a futsal court with 4 attackers, 4 defenders and a goalkeeper. One ball is needed and the coach stands in a position to observe and teach players during the movement sequence.

How to play

The attackers start with possession of the ball and are set up in a 3-1 formation (a center player with players to the left and right and a target player). The 4 defenders are passive and man-marking to begin. The attackers exchange passes waiting for the right moment to perform a 3-1 attack on either flank. The target player always moves to the side of the ball and creates space to receive a pass close to goal. It is important for the target player to stay high to create space for a team mate. When an opportunity arrives a wide play will start to dribble towards the center player. The wide player passes to the center player and overlaps to the other flank. The ball is transferred into the corner and the player making the overlap ends the sequence with a shot or cross. Restart with the coach serving another ball. Teams will rotate attacking duties after 5 attempts.

Coaching notes

Coaching Objectives: Attacking players should be patient while exchanging passes waiting for the right moment. Do not rush and avoid making square passes.

Coaching Tips: As space is limited on a Futsal Court, creating time and space with movement off the ball and incisive passing is critical. Players should use the sole of the foot to gain instant control and the first touch should be with the purpose of setting up the next move.

How to modify

Less Challenging: Remove the defenders and make the area smaller.

More Challenging: Instruct the defenders to apply half pressure for a few minutes and then transition to full pressure before moving to a full game. Practice the same sequence on the opposite side.



1. The red attacking players are in a 1-3-1 formation (red keeper not shown). The 4 yellow defenders are passive and man-marking.

2. The center player passes to the right side and the target player moves to the side of the ball. The red player on the right receives the ball and dribbles towards the center player.



3. The player dribbling in from the right flank passes the ball to the center player and makes an overlapping run to the left flank.

4. The red player on the left recognizes the sequence and moves to a position near the left corner drawing the defender with him/her. The center player passes to the overlapping player as he/she gets close to the side line.



5. The overlapping player passes to the wide left player in the corner and then makes a run towards the ball. The receiver passes into the path of the on-rushing player for a first time shot.

6. The target player bumps/fakes and 'peels-off' to the far post in time to deflect shot into the goal.

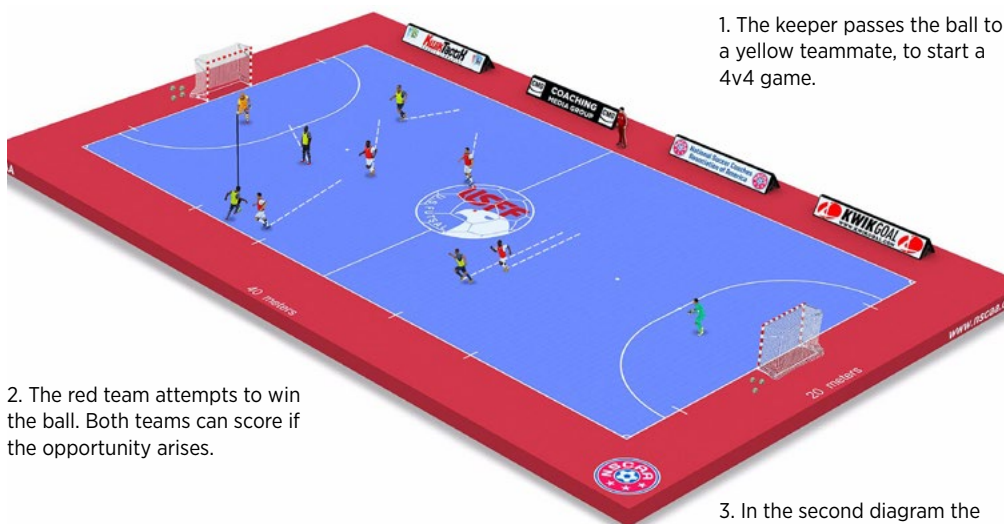
Stages of development covered by activity

Stages 3, 4 & 5: 9-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and movement patterns.
Top 3 competencies: Passing for possession and penetration, overlap and shooting.

STAGE 3 // IN AND OUT 4V4 FINISHING



2. The red team attempts to win the ball. Both teams can score if the opportunity arises.



4. The red team must score within 4 seconds or the yellow player can return.



6. In the final diagram a player from both teams has a player off the field and the game progresses as a 3v3 with keepers.

Why use it?

Futsal is an ideal environment to train player's decision making. This is a particularly good game for cognitive training, as players are required to focus and make quick decisions.

Set up

Play on a full futsal court. 2 teams of 4 and a keeper. Several balls available to keepers.

How to play

The keeper starts a 4v4 game. If a player from the attacking team loses the ball, he/she must exit the field immediately, giving the other team numbers up (4v3). The player can re-enter if: a) the team with 3 defenders regain possession; b) the ball goes out of bounds; c) a goal is scored; or d) the keeper saves a shot. If the ball goes out of bounds a kick-in or a goal clearance is taken and the player off the field may re-enter. Restarts are from the keeper when a goal is scored or the ball crosses the end line.

Coaching notes

Coaching Objectives: Be patient in possession and do not force the pass.

Coaching Tips: The coach should require players to play quick give and go passes and shoot first time. Encourage the defending players to recognize when to apply "man to man" or "zone" marking or a combination of both. Instruct the keeper to communicate with the defender. Encourage the keeper for the attacking team to play on the field to create a 5v3 attacking overload.

How to modify

Less Challenging: Allow the attacking team unlimited touches.

More Challenging: Limit the number of touches to 2-3 when in a numerical advantage. Add a time limit of 4 seconds in possession before shooting or a player off the field may re-enter the field of play.

Stages of development covered by activity

Stages 2, 3, 4 & 5: 6-18 year old players

Development themes and competencies

Top 3 themes: Combination play, attacking individually, in pairs and small groups, and defending.

Top 3 competencies: Attacking 1v1, beating and escaping an opponent and support.